

Steps to Register for Fall Classes and Trips

1. **Renew your membership.** Everyone's membership has expired.
2. **Complete the membership form for your renewal.** Let us know any address, e-mail, or phone changes. Go to cvlr.org and print out additional copies. Send your renewal at least a week in advance or bring it with you to registration and process it there.
3. **Receive a new membership card.** You will keep your current membership number. Find it on the mailing label of your pink fall booklet
4. **Register in person Wednesday, August 21.** You may also register for one other person. Use that person's membership number and name when registering for him or her.
5. **Attend in-person registration if at all possible.** Since we operate on volunteer effort, your participation at in-person registration takes pressure off our volunteers. If you absolutely cannot attend, then mail in your registration. In-person and mail-in are the two ways to register. In-person registrations get priority over mail-in registrations.
6. **Write a separate check for each class or trip before in-person registration.** Having your check ready will speed up the process.

Find more details about registering on pages 1 - 2.

Please use our cvlr.org site.

Find

- complete course listing for Fall 2019,
- more information on courses,
- bios on some of the course instructors,
- course instructions,
- links to course content,
- follow-up power points,
- class handouts, and
- reference materials.

Access and print out

- maps of registration layouts for both Menomonie and Eau Claire,
- additional copies of the membership form,
- the calendar for Fall 2019, and
- the entire pink registration booklet.

Compilation and layout by Elizabeth K. Fischer
Final editing by Sharon R. Lowry
Printing by Quality Quick Print, Eau Claire

Fall's Kaleidoscope of Swirling Thoughts

Each term when you receive your pink registration packet, you see the final line-up of offerings all neatly laid out chronologically. However, you have no idea how all this came about. In May all coordinators met to kick off planning for the fall and learn how better to work together to meet our mission goals. Early in June the two area program committees held brainstorming sessions to discuss ideas for classes. We strove to cover as many popular topics as possible without repetition. The calendar presented another challenge. Tension built as coordinators juggled the presenters' schedules, the venues' calendars, and the CVLR openings to nail down the slots for their classes. The final steps involved the very detailed endeavor of writing/editing class descriptions along with the rest of the packet. Through this process, a kaleidoscope of swirling thoughts has been forged into an organized line-up of captivating programs for you to enjoy!

Sharon R. Lowry
President

Before You Get to Registration

Since everyone needs to renew their memberships this fall, either send in your membership renewal at least a week before registration to Elizabeth whose address is on the membership renewal form or come early to registration. **Membership opens at 9:00 a.m. at both locations.**

Before registration, select **your classes and list them in order of priority** for you.

Have your checks for any classes or trips with fees ready when you walk into registration. Put the class/trip number and your member number on the check. If you get on the wait list for the offering, hold onto the check to use if there is an opening later or on the other city's sign-up.

Access the map. We have planned where the sign-up sheets for each offering will be placed and created a map showing the location of each. You can access these maps at cvlr.org under "How to Register." Go to the site, click on the map, and print it out. Use it to know where your priority classes/trips are located and plan your sign-up at registration. If you do not have a computer, ask a friend or grandchild to print one out for you. We will also have them available at the door at registration.

Time Details

We will be letting members into the room to stand in line at the table for their top priority class/trip at 9:30 a.m. If you think the line for your number one selection is too long and you don't think you can get into the class/trip, go to the second one on your list. As soon as everyone has lined up in an orderly fashion, we will start sign up, anywhere between 9:30 and 9:45. **Do not start sign up until those manning the sign-up sheets in front of you say that you may do so. Registration ends at 10:30 a.m.**

Important Information about Classes with Limits

Register at either the Menomonie or Eau Claire in-person registration location for the entire line-up of classes and trips. Split the classes/trips with limits with a buddy who also wants to attend them. You get in one line, and your buddy gets in the other. Then you sign up for each other.

Remember classes with limits are split half to Menomonie and half to Eau Claire. For example, if a class has a limit of 30, 15 sign-ups will be available at in-person registration in Menomonie and 15 will be available in Eau Claire. Plan your sign-up accordingly.

At Registration, Please...

We request that you only sign up for classes you know you will attend. If others interest you and you find later that you have the time to attend, watch for "These classes next week have openings" e-mail. Inflated class sizes prompt us to make preparations to accommodate more. If the class has a limit and you do not show up, you have taken the spot of someone else who really wanted to take the class.

Notice Wait List Sheets

Signing up on the wait list does not mean you are signed up for the class or trip. Wait lists are set up for hands-on classes, tours, and trips with limits. A wait list tells the coordinator that you want to attend the class or trip if an opening or cancellation occurs. Only sign up on a wait list if you intend to keep the date open. Most wait list people do not get contacted until a day or two prior to the class/trip to replace a member who for some unexpected reason cannot attend. If you sign up on the wait list, keep the date open on your calendar until after the class/trip has passed. Wait list sign-up sheets are printed on colored, not white, paper. **Note on your booklet that you signed up on a wait list.**

Fall 2019 Menomonie

1. Poetry XVII - Traditions and Tidbits

Our focus this fall is on family and values that have inspired us. Sharon will explore the poetry of Naomi Shihab Nye, an Arab-American poet, who believes in living in peace, slowing down, and cherishing the small details. Danny will share tidbits of wisdom and sayings from his mother's little quote book. Judy will address how the American tradition of writing about family is a way of knowing about ourselves. All three will prompt you to write poems related to their inspiring topics.

Presenters: Sharon Daniels, Danny Tye, and Judy Ristow

Coordinator: Sharon R. Lowry (715) 874-5633

Tuesdays: Sept. 3, 10, 17, and 24 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

2. What Exactly Is CBD Oil?

CBD Oil is in the spotlight lately for pain relief, anxiety, sleep, and much more. Learn more about CBD Oil, what you can use it for, and what to look for when purchasing it. We will also compare CBD oil to the essential oil Copaiba, which works the same way in the body as CBD oil. Bring your questions.

Presenter: Michelle Caron

Coordinator: Elizabeth Fischer (715) 874-5633

Friday: September 6 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

3. How to Set up a Woodworking Shop

Are you interested in building a shop in your garage or basement? Come to Frank Burdick's home and see how he built an 800 square foot wood shop in a portion of his basement. It includes cabinets on the walls and floors and all woodworking machines needed to build cabinets, furniture, and other items of wood. Frank will explain how each tool works and how to lay out the shop so you can work in it easily. **Limit 20**

Presenter: Frank Burdick

Coordinator: Howard Lee (715) 235-8841

Tuesday: September 10 1:30 - 3:00 p.m.

Frank's Home, E4570 479th Ave., Woodland Terrace

4. The Bell Museum of Natural History and Planetarium Show at the University of Minnesota-St. Paul Campus Trip

Take a guided tour of the new Bell Museum that brings together science, art, and the environment. Explore the origins of the universe through high tech exhibits. Travel back in time with the permanent collection of world-renowned wildlife dioramas including a woolly mammoth! See the *Phantom of the Universe: The Hunt for Dark Matter* show at the state-of-the-art planetarium, the first of its kind in the U.S. Box lunch with menu choices is included. **Limit 56**

Coordinators: Sally Felling (715) 962-4314
Joyce Robbins (715) 235-8528

Wednesday: September 11

The bus departs 29 Pines at 8:00 a.m. and returns around 5:00 p.m. Pick up is at Marketplace at 8:30 a.m. We arrive back about 4:30 p.m. Cost: \$50 Does not include tip for driver.

5. Elizabeth Releases Two Books

From November through February last winter, Elizabeth wrote two books together totaling over 500 pages. Their titles are *Trouble at the North Pole* and *The Last Christmas Tree*. She is excited to share their back story with you and have you be among the first to see them. You are invited to join her celebration and learn about these books, which are books one and two in a series.

Presenter: Elizabeth Fischer

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 12 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

6. Thank you, Grandma: Celebrating 100 Years of Women's Suffrage

The 19th Amendment guaranteeing all American women the right to vote was ratified in 1920. It took three generations of women, a world war and many protests, including jail time for some, for women's suffrage to happen. Was your grandmother a Suffragist? It was happening around the world. We will look at the movers and shakers that led to women's suffrage with special emphasis on Wisconsin Suffragists. Wisconsin was the first state to ratify this amendment.

Presenters: Members of the League of Women Voters-Greater Chippewa Valley: Margy Hagaman, Annemarie McCellan, Ellen Ochs

Coordinator: Sally Felling (715) 962-4314

Thursday: September 12 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

7. Foreign Affairs - Menomonie

We will view one Foreign Policy Great Decisions 2019 DVD each week and discuss the topic. The dates/topics and facilitators for the Fall 2019 are listed below.

September 13 – Cyber Conflict - Joe Hagaman

September 20 – U.S. and Mexico - Ellen Ochs

September 27 – State of Diplomacy – Dennis Spader

October 4 – Trade with China – Barbara Flom

Coordinator: Howard Lee (715) 235-8841

Fridays: Sept 13, 20, 27, and Oct 4 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

8. Emergency Preparedness for Seniors

September is Emergency Awareness Month. Pam will give an overview of common emergency situations and scenarios that can affect older adults and their caregivers. She will suggest how to be prepared to handle these situations and give a variety of resources for emergency preparedness.

Presenter: Pam VanKampen, RDN, CD. Older Americans Act Consultant/Senior Center Representative for Greater WI Agency on Aging Resources (GWAAR)

Coordinator: Howard Lee (715) 235-8841

Monday: September 16 10:00 -11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

9. Medicare for All

Dr. Mark Neumann will explore the some of complexities of developing a universal healthcare financing system. Two current bills in Congress entitled Medicare For All Act of 2019 aim once again to provide a single payer, publicly funded, universal and comprehensive health insurance plan for everyone in America. He will reveal details from these plans and will explain why it is important finally to solve this crucial concern for all people.

Presenter: Dr. Mark Neumann, Retired Critical Care Pediatrician

Coordinator: Margy Hagaman (715) 309-8030

Monday: September 16 1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

10. What Is a True Ketogenic Diet?

Low carb, high protein, high fat...? How does a true ketogenic program differ from other popular diets? Tanya Young, culinary education instructor and personal chef with over fifteen years of experience, will describe foods and lifestyle practices associated with the ketogenic diet. Samples and recipes will be included.

Presenter: Tanya Young, Merchandise Coordinator,
Menomonie Market Food Co-op

Coordinator: Marilyn Hagen (715) 946-3155

Tuesday: September 17 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

11. Voter Registration—Rules, Deadlines, Requirements

Receive a comprehensive overview of the different rules, deadlines, and requirements for voter registration. Find out when proof of residence is required and what documents can be used. Get the answers to many more details of registration. At the end of the class, you may register to vote, request an absentee ballot, or fill out the voter registration form. Discover your polling place and either the representatives in these polling districts or where to find this information. Come with questions.

Presenter: Cheryl Miller, Town Clerk for the Town of Red Cedar

Coordinator: Marilyn Hagen (715) 946-3155

Wednesday: September 18 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

12. Dunn County Nutrition Program - Present, and Future

In 2016-2017 the Dunn County Nutrition Program received \$15,000 in grant money to revitalize. Learn what has changed. What is and isn't working? Where is the money coming from? Will the Older American's Act Funding continue under the Trump Administration? What other programs are provided under the OAA funding? Find out what participants think of the nutrition program and why they use it. This class includes a tour of food preparation facilities.

Presenter: Bobbette Tunnyhill, Nutrition Program Coordinator,
ADRC of Dunn County

Coordinator: Howard Lee (715) 235-8841

Thursday: September 19 10:00 -11:30 a.m.

Neighbors of Dunn County, 2901 Forbes Avenue

Directions: 1 mile east of the Mayo Red Cedar Hospital. Look for the signs on the North side of Hwy 29. Center complex, blue building.

13. Are Ghosts and UFOs the Same?

Adrian offers full explanations of how both move, communicate, use energy, are physical and nonphysical, and intertwine themselves with the history of humanity. He will share never before published eyewitness accounts, recently unclassified government documents, and firsthand personal experiences of ghosts, hauntings, and UFO encounters. Adrian will bring the last two great unknown phenomena in the canon of mankind together with new and groundbreaking theories in quantum physics and collective consciousness.

Presenter: Adrian Lee

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 19 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

14. Create a Dump Painting

Whether it's called acrylic pouring or dump painting, nothing is more satisfying than creating abstract paintings by letting pigment run amok. This is a fun activity for all skill levels. The medium teaches how to let go and have a blast. Two canvases and garbage bags will be provided for you. **Limit 15**

Presenter: Betty Verdon

Coordinator: Elizabeth Spader (715) 235-7003

Monday: September 23 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Cost: \$15

15. History of a Family's Quilts and Their Stories

Explore the history of quilting from the 1860's through the Depression era with Jill Noreen. She will display family quilts and share her family's rich history in quilting during that time frame. These stories of the changes in quilting styles and fabric reflect the history of our country, too. You will have time to discuss and ask questions about your family's quilts.

Presenter: Jill Noreen

Coordinator: Clauden Oebser (715) 874-6054

Wednesday: September 25 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

16. **Mystery Trip**

On this trip you will not solve a mystery. Instead our destination will be a mystery to you until we arrive at each stop. Even then, you will not know what to expect. Be prepared to encounter the unexpected. Elizabeth is excited to take you for a ride, listen to your speculation of our destination, and watch your reactions as the day progresses. We will have fun! **Limit 112**

Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 26

The bus departs 29 Pines at 8:30 a.m. and returns around 5:00 p.m.

Pick up is at Marketplace at 9:00 a.m. We arrive back about 4:30 p.m.

Cost: \$65 Does not include tip for driver.

17. **Cooking with Monica: Discover More Life-Changing Foods II**

In this second session on life-changing foods, we will learn more tips and recipes to improve your health with certain foods. Use lemons and limes to help prevent muscle pain, infections, and more. Spark the flavor in your sandwiches with micro greens and sprouts. Create delicious “caramel” dip without sugar, “Goat Cheese” Salad without cheese, kidney-friendly Grape Slushie, Lemon Sorbet, Asparagus Soup, and Stuffed Onions. Take home a recipe packet, Ginger Limeade, and Blueberry Mini Pie. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: September 30 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th Street E

Cost: \$15

18. **Birds in Art Trip - Leigh Yawkey Woodson Art Museum, Wausau**

See 100 works of bird art at the 44th annual exhibit featuring British color-pencil artist Alan Woollett. Choose a sandwich, hot beef, nutty chicken on a croissant, or vegetarian wrap for lunch at Wausau's Landmark 2510 Restaurant, Bakery, Deli. Enjoy a guided tour of historic sites in Wausau narrated by a historian from the Marathon County Historical Society. Enjoy ice cream at the Hawkeye Dairy Store in Abbotsford on the way home. **Limit 55**

Joyce Robbins (715) 235-8528

Wednesday: October 2

Pick up is at Marketplace at 7:30 a.m. We arrive back about 5:30 p.m.

The bus departs 29 Pines at 8:00 a.m. and returns around 5:00 p.m.

Cost: \$46 Does not include tip for driver.

19. **Nicholas Butler Author**

Nickolas Butler is an internationally best-selling and prize-winning author of three novels and one short story collection. He is pleased to present a short talk and reading for CVLR members highlighting his newest novel, *Little Faith*, which was published in March to rave reviews by the likes of *USA Today*, the *Wall Street Journal*, and the *Minneapolis Star Tribune*. A book signing will follow.

Presenter: Nicholas Butler

Coordinator: Marilyn Hagen (715) 946-3155

Thursday: October 3 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

20. **An Insider's Perspective on the Middle East Update**

Cathy Sultan has spent many years in the Middle East, where skullduggery is an everyday occurrence and where the stuff of spy stories is made. Cathy will talk about her life experiences and current events that have woven their way into her writing. She will give her insight into recent developments in the area and how they affect us and world peace. She is the author of three non-fiction and two fiction books and will have them available for sale.

Presenter: Cathy Sultan

Coordinator: Sharon R. Lowry (715) 874-5633

Friday: October 4 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

21. **Three-beaded Star Decorations**

This is a project for any level. Metal star shaped forms will be used to create sparking ornaments. You will not have to use needles nor weave. Simply string beads onto wire forms. Your challenge is in the design you create. Three different-sized star forms will be created with glass and metal beads. Projects can be hung in a window, on a tree, or wherever you see fit. Examples will be shared at sign up. **Limit 20**

Presenter: Chris Oest

Coordinator: Joyce Robbins (715) 235-8528

Monday: October 7 1:00 - 4:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

Cost: \$25

22. Minnesota Orchestra Trip

World-wide performer Inon Bartnatan, hailed as “one of the most admired pianists of his generation” by *The New York Times*, offers a virtuoso performance of great works by Brahms and Shostakovich. In addition to Brahms’ Piano Concerto No. 1, he will perform Shostakovich’s Symphony No. 9 which was banned by the Soviet regime shortly after its premiere for its “ideological weakness” and its failure to “reflect the true spirit of the people of the Soviet Union.”

Limit 56

Coordinators: Jan and Bill O’Neill (715) 235-8040

Thursday: October 10

Bus departs 29 Pines at 8:30 a.m. and returns around 5:30 p.m.

Bus leaves MarketPlace at 9:00 and arrives back about 5:00 p.m.

The concert runs from 11:00 a.m. to 1:15 p.m. We will allow time after the concert for lunch on your own and leave the concert hall at 3 p.m.

Cost: \$49. Does not include lunch or tip for driver.

23. How to Handle Racism in the USA

Beth wants to create a better understanding of our systems and structures that serve to exclude others. With a rich background of teaching and learning about racism, Beth draws heavily from her experience living and working in Japan and raising bi-racial children in Wisconsin. Her desire is not to shame or blame but to encourage everyone to take daily actions that will help build a more inclusive community.

Presenter: Beth Hartung

Coordinator: Elizabeth Spader (715) 235-7003

Friday: October 11 1:30 - 3:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

24. Return of the Swallows Quilted Table Runner

Make Flying Geese units using the “No Waste” method of construction. Make enough blocks to create a table runner or larger quilt at home. Fabric amounts, supply list, and picture will be provided at registration. Bring your sewing machine and normal sewing supplies as well as rotary cutter, ruler and mat, and a lunch along with a snack to share. Some quilting experience required. **Limit 12**

Presenter: Barbara J. Hauck

Coordinators: Pat Eggert (715) 362-3903

Sally Felling (715) 962-4314

Wednesday: October 16 9:00 a.m. - 2:30 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

25. The Fascinating History of the Ojibwe

North America's present Ojibwe population of 180,000 has a long and fascinating history on the earth. During the first session, we'll talk about Ojibwe origin stories, their spiritual home on Madeline Island, their wars with the Iroquois and contact with Europeans, and the Wisconsin treaties that profoundly changed Ojibwe life. In the second session, we'll continue with the impact of the treaties, the reservations, Ojibwe sovereignty, spearfishing, the gaming era, and the Ojibwe today.

Presenter: Frank Smoot

Coordinator: Sharon R. Lowry (715) 874-5633

Fridays: October 18 and 25 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

26. Visiting Chartwell

Photographer and anglophile Christopher Smith will share his images, impressions, and historic background for the Kent, United Kingdom, home of Winston Churchill. Several documentaries produced by the BBC and ITV have used the historic home as backdrops for their stories of Churchill, his life, and critical leadership during WWII. Multiple visits to Chartwell by Chris and his wife Mary Beth have resulted in an interesting array of images of this National Trust property.

Presenter: Christopher Smith

Coordinator: Chris Smith (715) 664-8805

Monday: October 21 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

27. Cooking with Monica: How to Reduce Sugar in Your Cooking

How do you adjust the sweetener in a recipe to your taste? Discover that and how to substitute sweeteners including xylitol, erythritol, stevia, agave nectar, different honeys, and real maple syrup. Learn to make Spinach and Kale Summer Salad with Apple Cider Vinaigrette, Cashew Chicken, Soy-Ginger Salmon, Fresh Cucumber Relish, gluten-free, sugar-free Carrot Cake, and more. Take home instant oatmeal mix, black bean burger patty mix, a recipe packet, and a handy chart of 50 low glycemic foods **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: October 21 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th Street E

Cost: \$15

28. Great Western Adventures

Dennis and Elizabeth will share three western trips they took over the last three years covering sixteen states with and without the cycle. Whether indirectly viewing the Columbia River from train windows or directly experiencing South Padre Island, Texas, they were always on the back roads with expected and unexpected sights. Visit plantations in Natchez and pueblos in New Mexico and Arizona. See sweeping views along the Rio Grande and the Rockies and spectacular ocean views in Oregon and California.

Presenters: Dennis and Elizabeth Spader

Coordinator: Elizabeth Spader (715) 235-7003

Wednesday: October 23 10:00 -11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

29. Healing Your Thyroid

On Elizabeth's continued quest to discover what is responsible for certain health conditions, she has read Anthony William's *Thyroid Healing*, which reveals an entirely new take on the epidemic of thyroid illness. She will share what Anthony claims is the source of the illness and how to empower yourself to deal with it. She will also detail some powerful foods, techniques, and a secret that will help heal the thyroid.

Presenter: Elizabeth Fischer

Coordinator: Elizabeth Fischer (715) 874-5633

Wednesday: October 23 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

30. The Carpenters Once More

Carpenters Once More is a tribute to the singing duo of Karen and Richard Carpenter. You may have enjoyed the magical musical moments they created. Now you have the opportunity to hear their songs again performed by Diana Lynn who sounds remarkably like Karen Carpenter. She is accompanied by her husband Keith Allyn. Diana brings her Award Winning Live Branson Production, *Carpenters Once More*, to the stage of the Mabel Tainter.

Coordinator: Elizabeth Fischer (715) 874-5633

Saturday: October 26 2:00 - 4:00 p.m.

Mabel Tainter Center for the Arts, 205 Main Street East

Cost: \$20

31. The Further Adventures of a Global Nomad

Following his nomadic instincts, Michael will treat us to more of his fascinating adventures in Asia and eastern Africa. Having lived among the locals in these areas, he has a unique perspective on their daily lives, historical monuments, and foreigners' presence. He will enhance his storytelling with slides from his travels. Trust Michael to take us on an interesting journey through his nomadic wanderings.

Presenter: Michael Pershern

Coordinator: Elizabeth Spader (715) 235-7003

Wednesday: October 30 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

32. Autumn Meander through Parts of New England and Canada

Bill Hable has planned an autumn road trip through parts of Ontario, Quebec, and New England during the peak fall foliage season. He has designed a trip for those who like to stay away from city traffic and busyness. Thus his routes bypass major cities and heavily populated areas and often follow back roads. He will recommend places to stay, local foods, and out-of-the-way sites to visit.

Presenter: Bill Hable

Coordinator: Sharon R. Lowry (715) 874-5633

Thursday: October 31 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

33. Alice in Dairyland – Dunn County 2020!

James Anderson will lead a panel discussion of the Alice in Dairyland program, its importance to the state and county, and what to expect as the County serves as host to the Alice competition and year-long home-base for the 2020 Alice. Panel members will include past Alice's and County tourism dignitaries.

Presenter: James Anderson

Coordinator: Chris Smith (715) 664-8805

Monday: November 4 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

34. **The Key to Happiness and True Enlightenment**

Some say happiness is just a choice, but for others it is a healing process that releases them from anything in their past. Finding happiness does not always look like what we imagine. Discovering peace in a world full of chaos may be the hardest thing we ever do. Tami will discuss her journey to enlightenment and give suggestions of how we can heal, find happiness, and discover peace.

Presenter: Tami Muska-flach

Coordinator: Elizabeth Spader (715) 235-7003

Tuesday: November 5 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

35. **Retirement and Your Hearing Health... Life Is on!**

Enjoying your retirement years means spending time doing things you enjoy with people you enjoy. As we age our hearing can decline, thus affecting our health, relationships, and overall well-being. Hearing loss is associated with health conditions such as depression, diabetes, risk of falls, and cognitive decline. Dr. Bilse has been an audiologist for 26 years and will share how learning to address hearing loss can improve your quality of life.

Presenter: Dr. Suzanne Bilse, Audiologist,
Marshfield Clinic Health Center

Coordinator: Sally Felling (715) 962-4314

Tuesday: November 5 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

36. ***Steel Magnolias* at the Guthrie Trip**

Truvy's Salon is Chinquapin, Louisiana's go-to place for a beauty fix with a hearty side of gossip. Truvy and her overeager assistant Annelle pamper small-town clients with blowouts, manicures, and all kinds of unsolicited advice. Anybody who's anybody is a regular, including M'Lynn who dotes on her soon-to-be-married daughter Shelby, the moody Ouiser, and the well-to-do widow Clairee. Through witty banter and wisecracks, the hodgepodge group of women form friendships as strong as steel. **Limit 112**

Coordinators: Jan and Bill O'Neill (715) 235-8040

Wednesday: November 6

Bus departs 29 Pines at 9:15 a.m. and returns around 6:00 p.m.

Bus leaves Marketplace at 9:45 and arrives back about 5:30 p.m.

We arrive at the Guthrie about 11:15 so you will have time for lunch on your own at area restaurants. The play starts at 1:00 p.m.

Cost: \$44. Lunch and driver's tip are not included.

37. Family Life and Family Values in India

Father Mano will discuss a little bit about India in general, but mostly he will talk about the culture and family life in South India. Family life includes marriage, raising children, and the relationships between parents and children. He will address the role of parents in the lives of their children, the rights of women in a male-dominated society, and how religion plays a vital role in family life.

Presenter: Father Mano of St Joseph's Catholic Church, Menomonie

Coordinator: Joyce Robbins (715) 235-8528

Thursday: November 7 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

38. Cooking with Monica: Live Up Your Holiday with Pairing

Surprise your guests this holiday by pairing the flavors of beverages with interesting appetizers, entrees, and desserts to highlight flavors within a recipe. We will pair beverages with several appetizers including Sweet & Savory Mini Cheeseballs, Cranberry Meatballs, and Artichoke Wontons; entrees of Slow Cooker Raspberry Pork, Prosciutto Wrapped Chicken, and Glazed Shrimp Skewers; and desserts of Sticky Toffee Pudding, Maple Pinwheels, and Mary Berry's Topsy Trifle. Take home: Chai Tea Mix and a set of mini cheeseballs that you made yourself. **Limit 50**

Presenter: Monica Gean

Coordinator: Elizabeth Fischer (715) 874-5633

Monday: November 11 1:30 - 3:00 p.m.

Shirley Doane Senior Center cafeteria, 1412 6th Street E

Cost: \$15

39. Location, Location, Location

Knowing where you are and where everything else is has long been a preoccupation of humankind. After reviewing a brief history of various techniques for determining location from ancient to modern, we will explore all the ways GPS and other technologies are influencing our lives today. Bring your smartphone to the class so that you can explore some of the hidden features of apps you use every day and some you don't know about.

Presenter: Joe Hagaman

Coordinator: Joe Hagaman (715) 309-8030

Tuesday: November 12 10:00 - 11:30 a.m.

Shirley Doane Senior Center, 1412 6th Street E

40. Dementia Friendly Communities

Everyone knows someone dealing with memory issues and a possible dementia. We may even feel our own losses at times as we age. How can a community be supportive of persons with a dementia and their families? What is a dementia? We will explore various dementias, research, support services and expectations in the short and long term. Educating ourselves, giving and getting support, and planning ahead are ways to be a dementia-friendly community.

Presenters: Margi Stauss and Margy Hagaman,
Retired Social Workers

Coordinator: Margy Hagaman (715) 309-8030

Tuesday: November 12 1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

41. Creatures of the Reef - Cozumel

Dick Best will provide video of his most interesting and favorite creatures observed during multi-dive explorations of Cozumel's sea life and fascinating, pristine, turquoise waters. Cozumel's reef is the second largest coral system in the world. There will be new footage (for those of you who have seen some of Dick's prior presentations) as well as highlights from his historic dives.

Presenter: Dick Best

Coordinator: Chris Smith (715) 664-8805

Wednesday: November 13 10:00 - 11:30 a.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

42. Relational Aging and the Impact on Older Adult Relationships

We have designed the content of this class to describe relational aging within the context of intimate personal relationships of older adults. We will explore the challenges and opportunities associated with the onset of health problems and their impact on both partners. We will suggest solutions such as self-care and coping strategies. As we consider these, we invite everyone attending to share their experiences and approaches to relational aging.

Presenters: Dr. Amanda Barnett and Dr. Cristy Linse

Coordinator: Howard Lee (715) 235-8841

Wednesday: November 13 1:30 -3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

43. Medical and Community Volunteering

Dr. Nelson will share her experience doing volunteer work in the United States, Africa, Europe, and the Caribbean, with an emphasis on Haiti. While most of these journeys have been medical in nature, others have touched on construction in resource-poor nations.

Presenter: Dr. Carrie Nelson, Internist,

Mayo Clinic Health System Red Cedar

Coordinator: Margy Hagaman (715) 309-8030

Thursday: November 14 1:30 - 3:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

44. Create a Fused Glass Piece

You will have a choice of making a pair of coasters, a nightlight, a candleholder, a small dish, or a suncatcher/hanging piece using stained glass. The materials are included in your fee. Josephine will bring the tools and materials and guide you through the process of assembling your creation. She will take your creation back to her studio and fire your project. The date for you to pick up your project from her will be announced in class. **Limit 20**

Presenter: Josephine A. Geiger

Coordinator: Joyce Robbins (715) 235-8528

Friday: November 15 10:00 a.m. -12:00 p.m.

Shirley Doane Senior Center, 1412 6th Street E

Cost: \$30

45. The Holocaust Mass Executions at Fort IX, Kaunas, Lithuania

Fort IX is a part of the Kaunas Fortress, which was constructed in the late 19th century. During the occupation of the region by the Nazi's during the WWII, the site was used as a place of execution for 50,000 Jews, captured Soviets, and others. Harry will give an overview of the site, detail the atrocities that occurred, and describe the ongoing University of Wisconsin-Eau Claire investigations that strive to better document the site.

Presenter: Harry Jol

Coordinator: Joyce Robbins (715) 235-8528

Monday: November 18 1:30 - 3:00 p.m.

Russell J. Rassbach Heritage Museum, 1820 Wakanda Street

Fall 2019 Eau Claire

46. **Brighten Your Garden for Fall and Prepare It for Spring**

Melissa will share how she keeps the gardens at The Florian Gardens “flowerful” all year long. From tulips to daylilies, hostas to hydrangeas, she will give us ideas for adding something new and beautiful every season. Jenny will demonstrate how to add appeal to containers with fall bloomers. She will reveal featured fall perennials and suggest fall perennial care, lawn care, mowing, and seeding ideas. She will highlight houseplant care as we approach shorter days of light.

Presenters: Jenny Reit, May’s Floral; Melissa Burke, Florian Gardens
Coordinator: Elizabeth Fischer (715) 874-5633

Thursday: September 4 1:30 - 3:00 p.m.

May’s Floral, 3424 Jeffers Road

47. **A Farewell to Arms by Ernest Hemingway**

In 1929, *A Farewell to Arms* challenged assumptions about war literature, romance, morality, and even the written language itself, establishing Ernest Hemingway’s literary reputation and developing a new approach to prose writing. Ninety years after the novel’s debut, its critiques of technology, politics, humanism, and our perception of nature are as relevant as ever. This session will reconsider Hemingway’s classic novel as a vision of modernity that has always frustrated readers’ expectations and threatened critics’ worldviews. Co-sponsored by L. E. Phillips Memorial Public Library.

Presenter: Frank Fucile, Visiting Assist Prof, Dept of English, UWEC

Coordinator: Michael O’Halloran (715) 835-2388

Thursday: September 5 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

48. **Make a Handwoven Biscuit Basket**

Learn the techniques of weaving by making this adorable basket, perfect for first time weavers or seasoned weavers. 10”x8”x4” high not including handle. Bring: dish pan or bucket, scissors, pencil, tape measure, clip clothes pins, spray bottle, flat screw driver. See the picture at cvlr.org. After teaching weaving for twenty-five years Shirley says, “Weaving is such great fun, but the camaraderie and friendships that develop can’t be beat!” **Limit 12**

Presenter: Shirley Mount

Coordinator: Claudeen Oebser (715) 874-6054

Monday: September 9 1:00 - 5:00 p.m.

L.E. Phillips Senior Center, 1616 Bellinger Street

Cost: \$20

49. Exploring Southwest Pottery with a Journey through the LaBelle Miller Collection

Reflecting thousands of years of tradition, Native American pottery of the American Southwest is distinctive and highly collectible. Through this presentation, participants will learn about the styles and traditions of Native Southwest pottery by exploring pieces from the LaBelle Miller Southwest Pottery Collection recently acquired by the University of Wisconsin-Eau Claire. Greg Kocken, UW-Eau Claire Archivist, will lead this journey and will display select pieces from the collection during the presentation. Co-sponsored by L. E. Phillips Memorial Public Library.

Presenter: Greg Kocken

Coordinator: Mike Hilger (715) 832-8823

Friday: September 13 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

50. Old Abe: Eau Claire's Most Famous Civil War Veteran

On September 6, 1861, a juvenile eagle left Eau Claire with Company C of Wisconsin's 8th Infantry Regiment (later, the Eagle Regiment). Abe was with the Eagle Regiment for thirty-six battles during the Civil War. We will review the story of Old Abe—his capture, his mustering into the army, his career as a warrior, and his life as a veteran.

Presenter: Tim Hirsch

Coordinator: Mike Hilger (715) 832-8823

Wednesday: September 18 10:00 - 11:30 a.m.

Unitarian Universalist Church, 421 South Farwell

51. The Great Norwegian Adventure: Alt for Norge (All for Norway)

This award-winning and extremely popular reality program is in its 10th season on Norwegian TV. The show features Norwegian-Americans participating in challenges relating to Norwegian history and culture and competing to win a cash prize and reunion with their distant Norwegian relatives. Pastor Aaseng shares his adventures of participating in the show's inaugural season. Co-sponsored by L. E. Phillips Memorial Public Library.

Presenter: Grant Aaseng, Lead Pastor, Bethany Lutheran Church,
Rice Lake

Coordinator: John Stoneberg (715) 832-8315

Friday: September 20 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

52. Gray Wolf Recovery in Wisconsin: Success or Failure?

Randy Jurewicz, retired WI DNR Wolf Program Administrator, will review the history of wolves in Wisconsin, share the research and management efforts that contributed to the spectacular increase in the wolf population, describe the ecological benefits and social costs of having a recovered wolf population, and lead a discussion about the political warfare that now surrounds Wolf Management In Wisconsin..

Presenter: Randy Jurewicz

Coordinator: Kathie Fahrman (715) 839-9251

Friday: September 27 1:30 - 3:00 p.m.

Chippewa Valley Museum, 1204 East Half Moon Drive, Carson Park

53. Mosques, Minarets, Mausoleums, and the Silk Road through the Five Stans

Follow in Marco Polo's footsteps along the Silk Road, traveling through the "Five Stans" - Turkmenistan, Uzbekistan, Tajikistan, Kyrgyzstan and Kazakhstan of Central Asia to the borders of China. View some of the finest of Islamic Art. Learn how the "Five Stans" were once the crossroads of the world in wealth and learning.

Presenter: Thomas Barland

Coordinator: Irene Lazda (715) 834-1874

Tuesday: October 1 10:30 a.m. - 12:00 p.m

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

54. Marvelous Monarch Moments

Sharon Daniels and her husband, Dave, left the frozen tundra at the end of February 2019 to discover the green forests high in the mountains of central Mexico where the monarch butterflies overwinter. Join her when she shares her story about this magical butterfly experience. Be prepared to take flight and be amazed by Sharon's Marvelous Monarch Moments as she recounts her adventure! Co-sponsored by L. E. Phillips Memorial Public Library.

Presenter: Sharon Daniels

Coordinator: Amy Alpine (715) 835-0894

Tuesday: October 1 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level, 400 Eau Claire Street

55. The Climate Crisis: The Critical Next Ten Years and Beyond

Recent landmark reports from the International Panel on Climate Change and the US Global Climate Research Project received virtually unprecedented levels of American media attention. What do these reports tell us of potential future climates here and abroad? What sort of changes are needed to meaningfully address climate disruption? What are some of the legislative solutions proposed in the U.S. Congress, and what will it take for them to succeed?

Presenter: Dr. James Boulter, Assoc. Prof Chemistry, UWEC Director, Watershed Institute for Collaborative Environmental Studies, UWEC

Coordinator: Barbara Wimunc-Pearson (715) 836-9598

Thursday: October 3 1:30 - 3:00 p.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

56. Buffalo Bill's Wild West and His Native American Media Darlings

Professor Barker will introduce you to the spectacular pageant that was Buffalo Bill's Wild West show, which fascinated millions of spectators here and abroad from 1883 to 1913. Dr. Barker will focus on the Native American actors who traveled abroad to become seasoned world travelers. While they enjoyed the freedom away from the reservation system, they remained prisoners of the romanticized mythology of the American frontier created by journalists and historians.

Co-sponsored by L. E. Phillips Memorial Public Library.

Presenter: Debra Barker

Coordinator: Mike Hilger (715) 832-8823

Wednesday: October 9 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level, 400 Eau Claire Street

57. Foreign Affairs - Eau Claire

The Foreign Policy Association's Fall 2019 series seems to be the most interesting yet. The review and discussions of these issues will lead to a broader understanding of the problems and give us some talking points when we enter into discussions. Topics for this fall season are:

October 11...Mindy Merryfield...Global Migration

October 18th..Stan Norman...Middle East

October 25th...Steve Hogseth...Nuclear Negotiations

November 1...Luanne Livingston...Nationalism in Europe

Coordinator: Lou Frase (715) 514-2157

Fridays: Oct 11, 18, 25, and Nov 1 10:00 - 11:30 a.m.

L. E. Phillips Senior Center, 1616 Bellinger Street, Thompson Room

58. Are You Watching out for Your Safety?

Can you identify a safe and not-so-safe situation? Do you have a safety plan? Do you think you communicate effectively? Judi's twenty-five years at the Eau Claire Police Department and former position as the Director of the Law Enforcement Academy at CVTC give her an understanding of what is important in analyzing situations for safety. She also knows how to teach you how to make that assessment.

Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Judi Anibas

Coordinator: Barb Hebert (715) 514-9692

Monday: October 14 10:30 a.m. - 12:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

59. Voices from the Past (A Virtual Tour of Eau Claire's Tire Museum)

Since Uniroyal closed in 1992, whispers have suggested that this city should have a tire museum. Miller's documentary is structured like a walking tour through a museum dedicated to the Eau Claire tire plant. The film intersperses historical re-enactments, worker recollections, and actual photos and videos of key points in the plant's history. His goal was to pay tribute to its role as the major employer in Eau Claire for 75 years. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Dennis R. Miller

Coordinator: John Stoneberg (715) 832-8315

Monday: October 14 1:30 - 3:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level,
400 Eau Claire Street

60. Feed My People Food Bank: Ending Hunger in West Central WI

Through a talk and activities learn about the state of hunger in the Chippewa Valley and the efforts to end it. Then take a tour of the Food Bank's newly expanded facilities used to accomplish the vital task of delivering food to over 200 area hunger-relief programs. (All sessions involve one flight of stairs. Session D allows the opportunity to participate in a volunteer activity that will require a fair amount of standing.) **Please sign up for one session only. Limit 25/session**

Emily Moore, Executive Director, and other staff, Feed My People

Coordinator: John Stoneberg (715) 832-8315

Tuesday, October 15 A 10:30 a.m. - 12:00 p.m.

Tuesday, October 15 B 1:30 p.m. - 3:00 p.m.

Tuesday, October 22 C 10:30 a.m. - 12:00 p.m.

Tuesday, October 22 D 1:30 p.m. - 3:00 p.m.

(D includes a volunteer activity)

2610 Alpine Road

61. Bluebird Happiness!

Join experts from The Bluebird Restoration Association of Wisconsin for an informative and closeup look at Eastern bluebirds and how nesting boxes are helping save this beautiful bird. Learn details of their life cycle, see examples of houses, and understand their protection strategies. Find out why fall is the best time to set out bluebird houses. Handouts will be provided on nesting schedules, locating and mounting nest boxes, etc. A few bluebird houses will be available for purchase.

Limit 20

Presenters: Larry Liegel and Rita Guidry, Eau Claire BRAW members

Coordinators: Amy Alpine (715) 835-0894

Karen Schauer (715) 559-1234

Wednesday: October 16 1:30 - 3:00 p.m.

5857 Prill Road

62. North American Wildlife, Part I

In recent years Joy and Joe Motto have traversed North America, most often with the object of locating areas of abundant wildlife to photograph. They have assembled the photographs of birds and other creatures they encountered in these travels. Since the number of locations and photos was considerable, they divided their program in half. This is Part One. Plan to attend Part Two on Thursday, November 14. Sign up for that class on a separate sign-up sheet.

Presenter: Joe Motto, MD

Coordinator: Jim Urness (715) 832-5670

Thursday: October 17 10:00 - 11:30 a.m.

Peace Lutheran Church, 501 E. Fillmore Ave. Enter on the Nimitz side.

63. The Refugee Experience After WWII

Two of the refugees of postwar WWII have lived in Eau Claire for many years. Join us as they recount their escape from Eastern Europe, the difficulties that refugees experienced in those times, and the real threats that they and their families faced as they made their way to safety in the West. Paulis and Irene Lazda are retired faculty members from UWEC with both an academic and personal perspective on the post war times.

Presenters: Paulis and Irene Lazda

Coordinator: Tony Schuster (715) 723-6114

Thursday: October 17 1:30 - 3:00 p.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence..*

64. Life in the Himalayas of India: Home of the Gray Ghost - The Snow Leopard

See the landscape, people, and wildlife of one the most beautiful places in our world. You'll be at 13,000 feet in the Himalayas of India, see the endangered Snow Leopard, and stand in a village that didn't have a road until six years ago. Enjoy this through the photography of Jim Backus, Magoo Nature Photography.

Presenter: Jim Backus, Magoo Nature Photography

Coordinator: Jim Urness (715) 832-5670

Thursday: October 24 10:00 - 11:30 a.m.

Peace Lutheran Church, 501 E. Fillmore Ave. Enter on the Nimitz side.

65. Forgotten Brewery Caves

Before refrigeration, brewers needed a cave to store and age their products. A few of those caves are still here in western Wisconsin. Dr. Wolter will take you on a photographic visit to numerous brewery caves in our area and relate their stories. Gangsters, ghosts, endangered bats.....and a Mad Poetess will all turn up! One of those caves is a few blocks from Lazy Monk. If you feel able and have sturdy walking shoes, you may experience it after the program. **Limit 40**

Presenter: Dr. Tim Wolter

Coordinator: Tony Schuster (715) 723-6114

Monday: October 28 2:30 - 4:00 p.m.

Lazy Monk Brewery, 97 West Madison

66. The Success and Failure of the "Noble Experiment" of Prohibition in Eau Claire

The author and historian will talk about the struggle in Eau Claire to regulate and prohibit alcohol consumption from the 1870s-1950s but emphasizing the national prohibition of the 1920s. In addition to discussing the lax local enforcement of prohibition, he will look at the continued attempts to control alcohol usage by the means of local option as well as the divisions on the issue based on gender, ethnicity, and economic class. Co-sponsored by L.E. Phillips Memorial Public Library.

Presenter: Brian Blakeley

Coordinator: John Stoneberg (715) 832-8315

Tuesday: October 29 10:30 a.m. - 12:00 p.m.

L.E. Phillips Memorial Public Library, Eau Claire Room, lower level, 400 Eau Claire Street

67. 2018 - A Year in Photography: Atlantic | Superior | The Southwest

Patty and Jeff Henry present a year in photography from Florida's Atlantic Coast to Lake Superior and the Red Rock Country of Utah and Arizona. The beauty of Wisconsin's four seasons also shares center stage. Digital images are accompanied by recorded instrumental music.

Presenters: Patty and Jeff Henry

Coordinator: Barbara Wimunc-Pearson (715) 836-9598

Tuesday: October 29 1:30 - 3:00 p.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

68. Brain Health As You Age: YOU Can Make a Difference

Aging well depends on your genes, lifestyle choices, and environment. Even if you're healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, which can be important for maintaining our independence. Learn some tips for good overall brain health as well as have some fun learning memory techniques and mnemonics.

Presenter: Lisa Wells, MA, CDP Dementia Care Specialist

Aging & Disability Resource Center of Eau Claire County

Coordinator: Barbara Wimunc-Pearson (715) 836-9598

Thursday: October 31 10:00 - 11:30 a.m.

Grace Lutheran Church, The Parlors, 202 W Grand Avenue *Enter 2nd Avenue Entrance. Park along street or in 2nd Avenue church lot along the white picket fence.*

69. Tour REACH!

REACH, Regional Enterprises for Adults & Children, has served adults and children with disabilities in the Chippewa Valley since 1963. This non-profit service offers valuable employment opportunities, community integration, and socialization for area people with disabilities. Come take a tour of REACH's largest program and learn about recent legislation that may impact the long term stability of this wonderful programming in our community. **Limit 60**

Presenter: Adrian Klenz, Reach Foundation Executive Director

Coordinator: Amy Alpine (715) 835-0894

Monday: November 4 2:00 - 3:30 p.m.

2205 Heimstead Road

70. What I've Learned from 1200 Birds

Birds add to the quality of our lives in so many ways...

They eat insect pests. They add color and music to our daily existence. They fascinate us with their behaviors and adaptations. But what they teach is much more complex, and surprisingly subtle. Join ornithologist and author Steve Betchkal as he enumerates the wonder of wild birds in personal stories and images.

Presenter: Steve Betchkal

Coordinator: Kathie Fahrman (715) 839-9251

Thursday: November 7 1:30 - 3:00 p.m.

Peace Lutheran Church, 501 E. Fillmore Ave. Enter on the Nimitz side.

71. U.S. - Iran Relations

US-Iranian relations remain turbulent, taking a turn for worse since President Trump's inauguration. Ultimately, Persian Gulf security and the resolution of many issues in the region requires a reformulation of the relations between these two rival countries, based on trust and shared interests. This is, however, not possible without a U.S. long-term strategy in the region congruent with its interests and values, resulting in a new US-Iranian rapprochement radically different from its historical 'patron-client' relations.

Presenter: Professor Ali Abootalebi,

UWEC Political Science Department

Coordinator: Irene Lazda (715) 834-1874

Monday: November 11 10:30 a.m. - 12:00 p.m.

Peace Lutheran Church, 501 E. Fillmore Ave. Enter on the Nimitz side.

72. North American Wildlife, Part II

On October 17 Joy and Joe Motto will present the first half of their vast collection of wildlife photos at *North American Wildlife Part I*, class #62. At this class they will present the second half of their fascinating collection of photographs of birds and other creatures they have encountered in their travels.

Presenter: Joe Motto, MD

Coordinator: Jim Urness (715) 832-5670

Thursday: November 14 10:00 - 11:30 a.m.

Peace Lutheran Church, 501 E. Fillmore Ave. Enter on the Nimitz side.

73. **Create a Winter Porch Pot for the Holidays**

Let nature be your decoration. Create your own winter porch pot with fresh evergreens, red dogwood branches, and red berries. The fee for this class includes the pot, soil, seven different types of fresh evergreens, red dogwood branches, and two stems of red berries. Add your own pinecones, a fancy bow, lights, and something special from your treasures. Leave with a beautiful winter decoration for your front steps or back patio.

Presenter: Jenny Reit, May's Floral

Coordinator: Elizabeth Fischer (715) 874-5633

Tuesday: November 19 1:30 - 3:00 p.m.

May's Floral, 3424 Jeffers Road

Cost: \$35

74. ***Beyond the Rainbow: Garland at Carnegie Hall at the History Theatre***

1961 When Judy Garland took to the stage at Carnegie Hall for her "legendary comeback concert" the house was packed with adoring fans of one of America's most beloved singers and entertainers. This musical tribute tells Judy's story from her childhood in Grand Rapids, Minnesota to Hollywood and "beyond the rainbow." After the 10:00 a.m. performance we will proceed to Grand Avenue in St. Paul for lunch and shopping. **Limit 112**

Coordinator: Pat Williams (715) 839-0752

Thursday: November 21

Bus departs 29 Pines at 7:45 a.m. and returns around 4:30 p.m.

Bus leaves Marketplace at 8:15 a.m. and arrives back about 4:00 p.m.

Cost: \$45 Driver's tip and lunch are not included.

Watch for a Special Flyer in Early November

It is your invitation to the CVLR Holiday Luncheon at The Florian Gardens December 5. We will have entertainment, refreshing punch, and a delicious meal. You will enjoy seeing The Florian Gardens decorated for the holidays.

Important Class Information

You will not receive a refund for trips and classes with fees. We use the monies that we collect for these trips and classes to pay the costs incurred for the offering. Your payment has been spent on reservations, admissions, bus fees, materials, etc. Thus, you may not get it back. However, you could sell your seat to another person. Contact the coordinator to find out if there is a waiting list. The names on the waiting list receive first priority. If no one is on the waiting list, you may sell your seat to someone else, even a non-member.

If you require disability-related accommodations to participate in the programs offered by CVLR, please contact the class coordinator as soon as possible, and he/she will attempt to meet your needs.

Please list each coordinator's e-mail with your Internet service provider so that you can receive reminders about classes and trips. You will find these on the next page.

If you are having difficulty receiving CVLR e-mails, first e-mail Elizabeth at liz@psmc.com. Ask her if the e-mail address she has on file for you is the one you are currently using. If she does, then contact your Internet service provider. Ask the personnel how you list e-mail addresses as acceptable for you to receive mail. Chances are, the CVLR e-mails are going into your junk box. Once they inform you how to input acceptable addresses, list all those on the next page. That way you will have on file with your Internet service provider all e-mail addresses that could come from CVLR.

If You Have a Question on a Class or Trip

To register for a class or trip, contact Elizabeth Fischer at liz@psmc.com. If you have a question about a trip or class, contact the coordinator. You will find his or her name in the class or trip listing. The coordinators' e-mails are listed below.

Amy Alpine	amyalpine@att.net
Pat Eggert	eggertpatricia@gmail.com
Kathie Fahrman	fahrmakj@uwec.edu
Sally Felling	sefelling@gmail.com
Elizabeth Fischer	liz@psmc.com
Lou Frase	Loujanfrase@charter.net
Margy Hagaman	mrhagaman@gmail.com
Joe Hagaman	hagamanj@uwstout.edu
Marilyn Hagen	marhagen@hotmail.com
Barb Hebert	barbkbrowne@gmail.com
Mike Hilger	hilgermj@uwec.edu
Irene Lazda	lazdai@uwec.edu
Howard Lee	leeh@uwstout.edu
Sharon Lowry	sharon@psmc.com
Mike O'Halloran	mmohalloran@charter.net
Bill and Jan O'Neill	oneill.jan@gmail.com
Claudeen Oebser	coebser@gmail.com
Joyce Robbins	joyrob1@charter.net
Karen Schauer	ktschauer@gmail.com
Tony Schuster	agsustr@charter.net
Chris Smith	casmith@wwt.net
Elizabeth Spader	elizabeth@elizabethspader.com
John Stoneberg	jstoneberg@charter.net
Jim Urness	jimurness@charter.net
Pat Williams	proptart75@gmail.com
Barbara Wimunc-Pearson	wimuncbl@uwec.edu

Chippewa Valley Learning in Retirement Annual Meeting

As a CVLR member, you are invited to attend the Chippewa Valley Learning in Retirement Annual Meeting Tuesday, October 8, at 1:00 p.m. in Menomonie. We will review CVLR's fiscal position and what we accomplished the past year. You will have an opportunity to give your suggestions regarding CVLR and speak directly to board members.

You will receive an e-mail reminder in September. Please RSVP then if you will be attending this meeting.

Sharon R. Lowry,
President

Please Note...

The views expressed in CVLR classes do not necessarily reflect the views of the CVLR board or members. Our presenters volunteer to educate others about various issues. People attending these classes can question and debate the information provided and make their own decisions as to what they do with the information. Our goal is to have a healthy exchange of ideas that maintains civility and respect for others.

Membership in Chippewa Valley Learning in Retirement (CVLR)

Your membership is effective for one year, from September, 2019, through August, 2020.

This membership entitles you to sign up for classes and trips offered by CVLR in Fall 2019 and Spring 2020 terms. Some of these classes and trips require additional fees to cover costs incurred in presenting the class or conducting the trip.

You will receive a numbered membership card. Present this card when registering and write your membership number on the sign-up sheets for classes and trips. Also present this card when you attend classes.

Your membership must be renewed each year.

To become a member or renew your membership, complete the Member Form below and submit it along with your \$30 membership fee to Chippewa Valley Learning in Retirement (CVLR).

**Chippewa Valley Learning in Retirement
Membership Form
Fall 2019**

Complete a separate form for each person.

Include a stamped, self-addressed envelope to receive your membership card.

Additional copies may be printed out at cvlr.org. Please print clearly.

Send to Elizabeth Fischer, 3922 26th St., Elk Mound, WI 54739

Membership # _____ (Find at the top of address label on packet.)

Name _____

_____ Check here if this is a renewal and your address, phone, and e-mail are the same as last year. If you check here, do not fill out any lines below. If you have changes, only fill out the changes below. Leave the rest blank.

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____

Make \$30 check payable to CVLR. Do not write below this line.

Cash or Check # _____ Amount _____ Rec'd by _____

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Your membership must be renewed each year.

To become a member or renew your membership, complete the Member Form below and submit it along with your \$30 membership fee to Chippewa Valley Learning in Retirement (CVLR).

**Chippewa Valley Learning in Retirement
Membership Form
Fall 2019**

Complete a separate form for each person.

Include a stamped, self-addressed envelope to receive your membership card.

Additional copies may be printed out at cvlr.org. Please print clearly.

Send to Elizabeth Fischer, 3922 26th St., Elk Mound, WI 54739

Membership # _____ (Find at the top of address label on packet.)

Name _____

_____ Check here if this is a renewal and your address, phone, and e-mail are the same as last year. If you check here, do not fill out any lines below. If you have changes, only fill out the changes below. Leave the rest blank.

Address _____

City _____ State _____ Zip _____

E-mail _____

Telephone _____

Make \$30 check payable to CVLR. Do not write below this line.

Cash or Check # _____ Amount _____ Rec'd by _____

Mail-in Registration Form Instructions

Complete the membership form on pages 31 and 32. Send it along with your \$30 membership fee for the Fall 2019 and Spring 2020 terms.

The following pages are the mail-in registration forms. Print your name and membership number, if you are a renewing member, at the top of each part of the form. If you are a new member, leave the membership number blank. Place a check mark before the courses or trips in which you are interested. **Use a separate form for each member.** Copy the form or print out additional forms at cvlr.org for additional members. If there are fees for any of your selections, **do not send a check** until you are contacted that you may attend.

Please send your registration and/or membership form to
Elizabeth Fischer, Member Services
3922 26th Street, Elk Mound, WI 54739
Home phone (715) 874-5633 Cell (715) 828-0768 liz@psmc.com

*Include a stamped, self-addressed envelope to receive your membership card. **Send your mail-in registration before August 21 if at all possible to help us process your membership and registration.** If you are unable to send it by August 21, you may still send it after that date.*

Mail-in Form Part 1

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

- _____ 1. Poetry XVII - Traditions and Tidbits
- _____ 2. What Exactly Is CBD Oil?
- _____ 3. How to Set up a Woodworking Shop
- _____ 4. Bell Museum of Natural History/Planetarium Trip \$50
- _____ 5. Elizabeth Releases Two Books
- _____ 6. Celebrating 100 Years of Women's Suffrage
- _____ 7. Foreign Affairs - Menomonie
- _____ 8. Emergency Preparedness for Seniors
- _____ 9. Medicare for All
- _____ 10. What Is a True Ketogenic Diet?
- _____ 11. Voter Registration—Rules, Deadlines, Requirements
- _____ 12. Dunn County Nutrition Program - Present, and Future
- _____ 13. Are Ghosts and UFOs the Same?

Mail-in Registration Part 2

Register by mail by submitting this class selection form. Since in-person registrations have priority over mail-ins, **you are not signed up for classes with fees or limits until notified** that you may attend. Do not send checks for classes until that happens.

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

_____	14. Create a Dump Painting	\$15
_____	15. History of a Family's Quilts and Their Stories	
_____	16. Mystery Trip	\$65
_____	17. Cooking with Monica: Life-Changing Foods II	\$15
_____	18. Birds in Art Trip	\$46
_____	19. Nicholas Butler Author	
_____	20. An Insider's Perspective on the Middle East Update	
_____	21. Three-beaded Star Decorations	\$25
_____	22. Minnesota Orchestra Trip	\$49
_____	23. How to Handle Racism in the USA	
_____	24. Return of the Swallows Quilted Table Runner	
_____	25. The Fascinating History of the Ojibwe	
_____	26. Visiting Chartwell	
_____	27. Cooking with Monica: How to Reduce Sugar	\$15
_____	28. Great Western Adventures	
_____	29. Healing Your Thyroid	
_____	30. The Carpenters Once More	\$20
_____	31. The Further Adventures of a Global Nomad	
_____	32. Autumn Meander through Parts of New England/Canada	
_____	33. Alice in Dairyland – Dunn County 2020!	
_____	34. The Key to Happiness and True Enlightenment	
_____	35. Retirement and Your Hearing Health	
_____	36. <i>Steel Magnolias</i> at the Guthrie Trip	\$44
_____	37. Family Life and Family Values in India	
_____	38. Cooking with Monica: Holiday Pairing	\$15
_____	39. Location, Location, Location	
_____	40. Dementia Friendly Communities	
_____	41. Creatures of the Reef - Cozumel	
_____	42. Relational Aging Impact on Older Adult Relationships	
_____	43. Medical and Community Volunteering	
_____	44. Create a Fused Glass Piece	\$39
_____	45. The Holocaust Mass Executions at Fort IX	

Mail-in Registration Part 3

Register by mail by submitting this class selection form. Since in-person registrations have priority over mail-ins, **you are not signed up for classes with fees or limits until notified** that you may attend. Do not send checks for classes until that happens.

Member name _____

Member # _____ (Only one member per form.)

Check each class or trip for which you want to register.

- _____ 46. Brighten Your Garden for Fall and Prepare It for Spring
- _____ 47. A Farewell to Arms by Ernest Hemingway
- _____ 48. Make a Handwoven Biscuit Basket \$20
- _____ 49. Exploring Southwest Pottery
- _____ 50. Old Abe: Eau Claire's Most Famous Civil War Veteran
- _____ 51. The Great Norwegian Adventure: Alt for Norge
- _____ 52. Gray Wolf Recovery in Wisconsin
- _____ 53. The Silk Road through the Five Stans
- _____ 54. Marvelous Monarch Moments
- _____ 55. The Climate Crisis: The Critical Next Ten Years
- _____ 56. Buffalo Bill's Wild West & His Native Am Media Darlings
- _____ 57. Foreign Affairs - Eau Claire
- _____ 58. Are You Watching out for Your Safety?
- _____ 59. Voices from the Past
- _____ 60. Feed My People Food Bank A
- _____ 60. Feed My People Food Bank B
- _____ 60. Feed My People Food Bank C
- _____ 60. Feed My People Food Bank D
- _____ 61. Bluebird Happiness!
- _____ 62. North American Wildlife, Part I
- _____ 63. The Refugee Experience After WWII
- _____ 64. Life in the Himalayas of India
- _____ 65. Forgotten Brewery Caves
- _____ 66. Prohibition in Eau Claire
- _____ 67. 2018 - A Year in Photography: Atlantic | Pacific | Superior
- _____ 68. Brain Health As You Age
- _____ 69. Tour REACH!
- _____ 70. What I've Learned from 1200 Birds
- _____ 71. U.S. - Iran Relations
- _____ 72. North American Wildlife, Part II
- _____ 73. Create a Winter Porch Pot for the Holidays \$35
- _____ 74. *Beyond the Rainbow: Garland at Carnegie Hall* \$45

Notes

Chippewa Valley Learning in Retirement offers educational courses, cultural experiences, and social activities for retired individuals in the Chippewa Valley. CVLR is a 501(c)(3) non-profit corporation.

Board of Directors

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